



*Get moving in the*

# Walking Program

## at the WARF

Join the WARF's NEW Walking Group! The Program is FREE and will be led by a certified instructor. Meet at the WARF and walk the trails and surrounding athletic fields around the building. Get in shape and meet new people. Participants can walk at a pace that is comfortable for them and all levels are welcome!

Want to chart your distance? Sign up at the Front Desk and when you reach your first 100 miles, you will receive a WARF Walking Program T-shirt. Get more details at the Front Desk.

Mondays and Thursdays  
9:00 am - 9:50 am  
Starting April 16

Registration is required. Pre-register or come a little early your first time to sign up at the Front Desk. No dogs please, strollers welcome.

